

U.S. Serial No.: 10/786,773
Response to Office Action dated 08/02/2005

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 – 20 (Cancelled).

Claim 21 (Previously Presented) A weighted hat or cap comprising:

- a. a skullcap, shaped to conform to the crown of the head of a human subject, comprising an elastomeric weighted layer comprised of an elastomer and a quantity of weighted bodies, and weighing between about 100 and about 3,000 grams; and
- b. a conventional-style hat or cap having an adaptation to receive as an inner component said skullcap.

Claim 22 (New). The weighted hat or cap of claim 21, wherein said weighted bodies are selected from the group consisting of iron shot, steel shot, and lead shot.

Claim 23 (New). The weighted hat or cap of claim 21, wherein said elastomeric weighted layer weighs between about 500 and about 2,000 grams.

Claim 24 (New). The weighted hat or cap of claim 23, wherein said elastomeric weighted layer has a thickness between about 5 and about 10 millimeters.

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Claim 25 (New). The weighted hat or cap of claim 21, wherein said elastomeric weighted layer is comprised of a polymeric elastomer, and interspersed therein a quantity of weighted bodies.

Claim 26 (New). The weighted hat or cap of claim 25, additionally comprising a fabric liner adhered to the inside surface of said elastomeric weighted layer.

Claim 27 (New). The weighted hat or cap of claim 21, wherein the adaptation comprises a plurality of spaced sections of hook and loop fabric on the inside of said weighted hat or cap, positioned to reversibly adhere to opposingly positioned spaced sections of hook and loop fabric on the outside of said skullcap.

Claim 28 (New). The weighted hat or cap of claim 21, wherein said weighted hat or cap is selected from the group consisting of boater, bowler, bucket, cowboy hat, derby, fedora, floppy hat, hamburg, pillbox, Stetson-styled hat, trilby, baseball cap, beret, cloche, fez, newsboy cap, skullcap, and turban.